

# ACTIVITY SHEETS

## PEBBLE STEPPING STONES

### PRODUCT INFO

28PSS | Pebble Stepping Stones

Soft, PVC inflatable domes which are suitable for a variety of fun activities including balancing, co-ordination, as well as fitness circuit exercises. The pimple finish has a gripping non-slip surface.

Set consists of 4 pebbles - 1 blue, 1 red, 1 yellow and 1 green.

### TRADITIONAL USE

Lay out four in a row or in a pattern and walk over them.

Place domes flat side down and step on top of them to assist in developing ones balance

Place one under each foot and balance in a static pose

Place one under one foot, close eyes and balance on one leg.

### ALTERNATIVE USE

Turn upside down and perform dips and push ups to engage ones core stabilizing muscles

Place one under each foot and perform squats to engage ones stabilizing muscles

Use as markers in general P.E. and sports classes (take advantage of the four house colours for house activities and organisation

Foot massager under your desk.

### ACTIVITIES / GAMES

Have two people face each other with one dome under each foot.

They can

interlock hands and attempt to move an opponent off their pebbles.

Alternatively, a pool noodle can be used to push an opponent off their pebbles.

Use as markers for hockey and soccer dribbling drills

Use as indoor bases for rounders, baseball and t-ball.



Develop balance



Create patterns



Use as markers